



## WOMEN MAKING A DIFFERENCE— GLOBAL IMPACT



Chris Owens  
Director

A big thank you to Cara Jackson for helping with our newsletter. Cara will be helping coordinate some projects and helped launched our Community Engagement Newsletter.

We wanted to send out a special holiday message to all of you who have volunteered, interned or expressed an interest in volunteering with Office For Women. Who better to help with that message than one of our current volunteers?

This year the OFW launched an EPO Data Collection Project. So far, volunteers - including students - have entered data from 1128 forms. It has provided a good data sample.

We will be continuing the work in January. If you are interested in participating please contact [OFW@louisvilleky.gov](mailto:OFW@louisvilleky.gov)



[A Colourful Journey](#) is one of the success stories with a Louisville connection where women—and men too—are making a difference. Entrepreneurship has become an important tool for funding services and creating independence.

An Australian artist living in Nepal began assisting women Nepal who were victims of violence and trafficking. She helped them find a path to help themselves. During this “colourful journey” she’s been reaching out to American artists and others.

I became aware of this project as a polymer artist through the co-chair of our retreat, a Louisville physician—Dr. Ron Lehocky. Cynthia Tinapple who was contacted by the Australian artist working with the women in Nepal, attended our guild’s annual retreat in 2012.

Cynthia spoke to us about the project, her part in it, and how it was being adopted by [artists around the world](#). Ron is still supportive in several ways, including donations. And now as 2013 draws to a close, a two story safe house providing services is funded and being built; the women are selling their products; the project is providing shelter and services to women in need. And the women are gaining strength, skills, and independence.

Now their message is “You can do this too. You do not need to stay in a violent situation.” You can visit the [blog](#) or see their [YouTube video](#), for more of the story of the women



## HOLIDAYS: A Good Time to Shop Local

I’m sure you don’t need a reminder; the holidays are right around the corner! Some people may find themselves racking their brains to figure out what sort of special gifts to purchase or make for friends and family by next week. If you happen to be one of those people, then I have some suggestions.

Did you know The Saturday after Black Friday is Shop Small Business Saturday? Wave 3 discusses unique Kentucky gifts you can find at [Butchertown Market](#). Just because Black Friday and Small Business Saturday are over, doesn’t mean you can’t still find unique gifts and great local deals! Why not use your holiday purchases to benefit a good cause?

The [Beaded Treasures Project](#) gives refugee women a chance to become entrepreneurs. The project teaches women financial literacy, jewelry making skills and marketing techniques. You can purchase their jewelry online, or host a party! You get a unique handmade gift, and your money benefits refugee women, it’s a win/win situation!

Another great organization and store is [Just Creations](#), located on Frankfort Avenue. There, you can find a large array of beautiful and unique hand-made items from journals and cards to scarves, rugs, hand carved pieces of art and so much more! [Just Creations](#) is a non-profit organization focusing on fair wage and the social and economic progress of people located in developing parts of the world.

Another option is to hand make your own gifts. If you are crafty, you can make your own Holiday cards - homemade cards mean so much more because they can be personalized and are made with love! No holiday is complete without a sweet treat! If making cards doesn’t appeal to you, you could try your hand at baking. Most people enjoy something sweet, and you can let your inner artist go wild while decorating your goodies!

And be sure to gather with your family/friends, catch up and enjoy their company, because that is really what the holidays are all about anyway! Wishing you all warm wishes and Happy Holidays!



## Community Engagement News

by: Cara Jackson, OFW Volunteer

### December - Safe Shopping and Charitable Giving

During the month of December it is no secret that shopping is in season, with online shopping becoming increasingly more popular. With so many different holidays to celebrate, the Better Business Bureau has come up with some tips in regards to how to buy gifts and avoid scams online.

#### Quick Tips:

- Make sure the business you're shopping with has a physical location to avoid overseas shipping and/or scams.
- Be sure to pay for purchases using a Credit Card that is protected for fraud.
- Never give out personal information such as your bank account number, or social security number unless you are positive the business is legitimate and the site you are using is secure.
- Ask about the return and refund policies of a company before making a purchase.
- Always be sure to use a secure internet browser that will scramble your personal and/or financial information to avoid identity theft.
- This time of year can also be a great way to support woman-owned businesses. Looking for local retailers? Check the OFW [Women Owned Business link](#).

December can also be a great time of giving, either through volunteering, donations of food or toys, or monetary donations. Unfortunately there are some scams out there to take advantage of unsuspecting do-gooders. However there are a few simple steps you can follow to ensure your gift ends up in the right hands.

#### How to give securely:

1. Do a little research! Make sure that the charity you are connecting with is the one you're thinking of, not just a scammer with a deceptive name.
2. Never send money to an individual "representing" a charity. Legitimate charities will have a way of accepting donations directly through the organization.
3. Do not allow yourself to be pressured into donating! Actual charities accept either monetary or physical gifts year-round. If you are made to feel uncomfortable or rushed, double-check the organizations background.
4. Before clicking on links on unfamiliar websites or emails, ensure the organization is reputable to avoid harmful viruses infesting your computer.

### Health Awareness in the Winter

#### HIV/AIDs

December 1st marked World AIDs day which reminds us of the need to get tested for HIV/AIDs and speak up about women and this disease. While 25% of the population living with HIV/AIDs in the United States are women AIDs.gov sites that the stigma associated with the disease: "causes some Americans to avoid learning their HIV status, disclosing their status, or accessing medical care."

Women of all races, ages, and sexual orientations are capable of contracting HIV/AIDs. Sadly violence against women and HIV/AIDs are often linked, as individuals may have less of a voice in regards to sexual safety.

However, AIDs.gov addresses several ways in which people can get involved in their community to promote awareness about the disease. Such ideas include addressing the causes of discrimination, promoting HIV/AIDs education, encouraging HIV testing, and creating support for those living with HIV/AIDs.

#### Handwashing Awareness Week

The first week of the month was dedicated to reminding us about one of the simplest ways of avoiding illness: washing your hands! During these next few months sicknesses such as the common cold, the flu, strep throat, and others are floating about our places of work, school, and community in general. In order to escape contracting and/or spreading illness this season there are a couple easy tricks.

If you need to sneeze or cough use the crook of your elbow to do so instead of your hands: this can help contain germs. Avoid putting your hands in your mouth, nose, or eyes as this can grant germs easy access. Regularly wash your hands during the day, and encourage your children to do so as well! This is most important before meal-time and after returning home from a public place.

Additionally, keeping you and your families immune system up with fruits and veggies never hurts!